

Minnesota Veterans Home-Minneapolis Weekly Menu Calendar				Week 1	DOMS	Amy Olson, RD, LD	
Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Soup and mashed potatoes & gravy are available at lunch and supper.							
1	2	3	4	5	6	7	
Sunday 4/27/14	Monday 4/28/14	Tuesday 4/29/14	Wednesday 4/30/14	Thursday 5/1/14	Friday 5/2/14	Saturday 5/3/14	
<b>Breakfast</b> Fruit Juice Egg & Cheese Bake or Hard Boiled Eggs Oatmeal or Cream of Wheat Bacon or Ground Ham Wheat Toast & Jelly	<b>Breakfast</b> Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Corn Grits Wheat Toast & Jelly	<b>Breakfast</b> Fruit Juice Pancakes & Syrup or Toast/Jelly Scrambled Eggs or Hard Boiled Eggs Sausage Links Corn Grits or Cream of Wheat	<b>Breakfast</b> Fruit Juice Donut or Wheat Toast & Jelly Swiss Quiche or Boiled Eggs Oatmeal or Cream of Wheat	<b>Breakfast</b> Fruit Juice Fruit Streusel or Wheat Toast & Jelly Hard Boiled Eggs Canned Fruit Cream of Wheat or Oatmeal	<b>Breakfast</b> Fruit Juice Fried Eggs Oatmeal or Corn Grits Banana Bread or Wheat Toast & Jelly	<b>Breakfast</b> Fruit Juice Waffles & Syrup or Toast/jelly Scrambled Eggs or Hard Boiled Eggs Banana or Canned Fruit Oatmeal or Cream of Wheat	
<b>Lunch</b> <b>Pepper Steak</b> or Roast Turkey <b>Cheddar Hashbrowns</b> or Mashed Potatoes <b>Brussels Sprouts</b> or Green Beans <b>Wheat Bread</b> <b>Cherry Pie</b> or Canned Fruit	<b>Lunch</b> <b>Glazed Ham</b> or Salisbury Steak <b>Redskin Potatoes</b> or Mashed Potatoes <b>Spinach</b> or Italian Vegetables <b>Dinner Roll</b> or Bread <b>Red Grapes</b> , Juice or Canned Fruit	<b>Lunch</b> <b>Beef Stroganoff</b> Or Chef Salad <b>Buttered Noodles</b> or Mashed Potatoes <b>Peas &amp; Onions</b> <b>Dinner Roll</b> or Bread <b>Pineapple Tidbits</b> or Applesauce	<b>Lunch</b> <b>Herb Baked Fish</b> or Pork Roast <b>Garden Rice</b> or Mashed Potatoes <b>Broccoli</b> or Wax Beans <b>Wheat Bread</b> <b>Peaches</b> or Fresh Fruit	<b>Lunch</b> <b>Pork Chop</b> or Chef Salad <b>AuGratin</b> or Mashed Potatoes <b>Midwest Blend Veg.</b> <b>Dinner Roll</b> or Bread <b>Sugar Cookie</b> or Canned Fruit	<b>Lunch</b> <b>Cheese Burger/Bun</b> or Fish & Cheese/Bun <b>Steak Fries</b> or Mashed Potatoes <b>Carrots</b> or Broccoli <b>Melon Cubes</b> or Canned Fruit	<b>Lunch</b> <b>Ring Bologna</b> or Beef Tips <b>Mashed/Gravy</b> <b>Stewed Tomatoes</b> or Brussel Sprouts <b>Wheat Roll</b> <b>Lemon Bar</b> or Canned Fruit	
<b>Supper</b> <b>Deli Sandwich &amp; Chips</b> or Bologna SW & Chicken Noodle Soup <b>Diced Carrots</b> or Green Peas <b>Melon Cup</b> or Canned Fruit	<b>Supper</b> <b>Chicken Patty/Bun</b> or Salami SW <b>Chic. Wild Rice Soup</b> or Mashed Potatoes <b>Asparagus</b> or Salad Bar <b>Wheat Bread</b> <b>Creamy Fruit</b> <b>Cocktail</b> or Juice	<b>Supper</b> <b>Tilapia</b> or Hamburger/Bun <b>Oven Brown Potatoes</b> or Mashed Potatoes <b>Snap Peas</b> or Baked Beans <b>Wheat Bread</b> <b>Strawberries</b> or Canned Fruit	<b>Supper</b> <b>Texas Hash</b> or Cod <b>Corn</b> or Diced Carrots <b>Dinner Roll</b> or Bread <b>Cherries</b> or Canned Fruit	<b>Supper</b> <b>Pizza Calzone</b> or Chicken Nuggets <b>Zesty Rotini Salad</b> or Mashed Potatoes <b>California Blend</b> or Green Beans <b>Wheat Bread</b> <b>Blueberry Mousse</b> or Canned Fruit	<b>Supper</b> <b>Baked Ziti</b> or Baked Fish & Mashed Potatoes <b>Salad Bar</b> or Baked Beans <b>Garlic Toast</b> or Bread <b>Fruit Salad</b>	<b>Supper</b> <b>Pita Sandwich</b> or Fish Nuggets <b>Potato Cakes</b> or Mashed Potatoes <b>Vegetable Soup</b> or Broccoli <b>Canned Fruit</b>	

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<b>Lunch</b> <b>Pepper Steak</b> or Roast Turkey <b>Cheddar Hashbrowns</b> or Mashed Potatoes <b>Brussels Sprouts</b> or Green Beans <b>Wheat Bread</b> <b>Cherry Pie</b> or Canned Fruit	<b>Lunch</b> <b>Glazed Ham</b> or Salisbury Steak <b>Redskin Potatoes</b> or Mashed Potatoes <b>Spinach</b> or Italian Vegetables <b>Dinner Roll</b> or Bread <b>Red Grapes</b> , Juice or Canned Fruit	<b>Lunch</b> <b>Beef Stroganoff</b> Or Salmon Patty <b>Buttered Noodles</b> or Mashed Potatoes <b>Peas &amp; Onions</b> or Winter Blend Veg. <b>Dinner Roll</b> or Bread <b>Pineapple Tidbits</b> or Applesauce	<b>Lunch</b> <b>Pork Roast</b> or Herb Baked Fish <b>Garden Rice</b> or Mashed Potatoes <b>Broccoli</b> or Wax Beans <b>Wheat Bread</b> <b>Peaches</b> or Fresh Fruit	<b>Lunch</b> <b>Pork Chop</b> or Roast Turkey <b>AuGratin</b> or Mashed Potatoes <b>Midwest Blend Veg.</b> Or Wax Beans <b>Dinner Roll</b> or Bread <b>Sugar Cookie</b> or Canned Fruit	<b>Lunch</b> <b>Cheese Burger/Bun</b> Or Fish & Cheese/Bun <b>Steak Fries</b> or Mashed Potatoes <b>Carrots</b> or Broccoli <b>Melon Cubes</b> or Canned Fruit	<b>Lunch</b> <b>Ring Bologna</b> or Beef Tips <b>Mashed/Gravy</b> <b>Stewed Tomatoes</b> or Brussel Sprouts <b>Wheat Roll</b> <b>Lemon Bar</b> or Canned Fruit
<b>Supper</b> <b>Tuna Noodle Casserole</b> Or Bologna SW & Mashed Potatoes <b>Diced Carrots</b> or Green Peas <b>Wheat Bread</b> <b>Melon Cup</b> or Canned Fruit	<b>Supper</b> <b>Salami &amp; Cheese SW</b> or Chicken Breast <b>Chic. Wild Rice Soup</b> or Mashed Potatoes <b>Green Beans</b> or Peas <b>Wheat Bread</b> <b>Creamy Fruit</b> <b>Cocktail</b> or Juice	<b>Supper</b> <b>Country Fried Pork w/</b> <b>Cr. Gravy</b> or Hamburger/Bun <b>Baked Potato</b> or Mashed Potatoes <b>Snap Peas</b> or Diced Carrots <b>Wheat Bread</b> <b>Strawberries</b> or Canned Fruit	<b>Supper</b> <b>Texas Hash</b> or Cod <b>Corn</b> or Diced Carrots <b>Dinner Roll</b> or Bread <b>Cherries</b> or Canned Fruit	<b>Supper</b> <b>Chicken Nuggets</b> or Polish Sausage <b>Zesty Rotini Salad</b> or Mashed Potatoes <b>California Blend</b> or Green Beans <b>Wheat Bread</b> <b>Blueberry Mousse</b> or Canned Fruit	<b>Supper</b> <b>Cheese Manicotti</b> or Veal Roll up Mashed Potatoes <b>Lettuce Salad</b> or Baked Beans <b>Garlic Toast</b> or Bread <b>Fruit Salad</b>	<b>Supper</b> <b>Fish Nuggets</b> or Liver & Onions <b>Potato Cakes</b> or Mashed Potatoes <b>Vegetable Soup</b> or Cauliflower <b>Dinner Roll</b> or Bread <b>Fruit Cocktail</b> or Canned Fruit